

LIFESTYLES

HAWAII MARINE B SECTION

APRIL 8, 2005

Spring cleaning on ~~Gilligan's~~ Coconut Island

Volunteers help clean up the once famous island

**Story and Photos By
Cpl. Megan L. Stiner**

Press Chief

While most people were spending their Saturday morning sleeping in or relaxing, more than 50 military members, spouses and children were boarding a boat to a small island where they would spend the next few hours picking up trash and clearing brush.

The participants were volunteers taking part in a program known as Coconut Island Cleanup. According to Jim D. Lakey, marine lab supervisor for Coconut Island, this is a program in which individuals help clear Coconut Island of overgrown brush and pick up trash along its beaches. The program has been in effect since June 2003 and is a program that the community thrives on.

"The civic pride of the volunteers makes this such a successful event each time," said Lakey, an Arkansas native. "It is an opportunity for them to give back to the community, while also traveling somewhere they might otherwise never get to see."

Coconut Island currently serves as a marine laboratory and research area, but is most famous for being the backdrop of the 1960s situation com-

7-year-old Elena Keenan hands trash to Nancy Thurston, Saturday, on Coconut Island, where the girls volunteered for more than five hours to help clean up the beaches. Once the children were finished cleaning the beaches, they had the opportunity to explore the island and see a variety of sea life such as coral, sharks, oysters, fish and sea worms.



Petty Officer 3rd Class Matthew Schnelting, aviation boatswain's mate, Base Fuels, tears into some bushes with a chainsaw during the cleanup project, Saturday.

edy, Gilligan's Island.

Some of the volunteers even had an opportunity to explore the island

a bit after they finished cleaning.

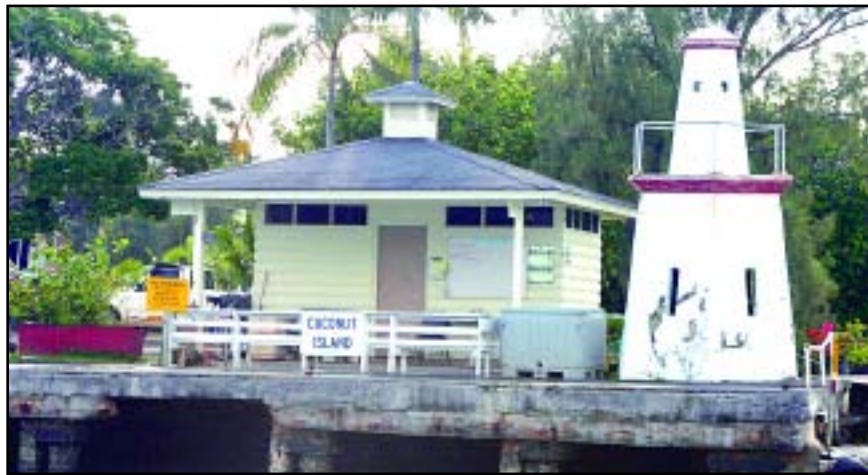
"It was a lot of fun helping out," said Jay R. Newcomb, a 9-year-old.

"After we were done cleaning the beach, we went on a tour around the island, and we got to see sharks, fish, sea worms, oysters and clams."

Volunteers were also provided with food, drinks and the opportunity to cool off in saltwater pools after a hard morning of working in the sun.

"It is a great way for the kids to get the chance to go somewhere new, help out and make new friends all at once," said Julie K. Thurston, military spouse and eight-time Coconut Island Cleanup volunteer. "And, even though my girls don't like to hear it, it is an educational trip, too."

Thurston and her two



More than 50 military members and their families took a boat to Coconut Island, Saturday, to volunteer their time to clean and clear brush. For many, it was their first time to the island. Following the cleanup, they had the opportunity to see some of the rare coral and sea life around the secluded island.

daughters, Nancy, 16, and Amanda, 12, have been on every trip to the island except once, since the program began.

"I read about the very first cleanup and thought it might be a fun thing to help out with," she said. "We have been coming ever since. It is a fun-filled event that is good for the whole family."

While the children and parents walk around the beaches on the island and pick up trash, the other military members and volunteers spend their time busily clearing brush with machetes, clippers, chainsaws and perseverance.

"I looked to the members of the Marine base because they have a reputation for being hard workers and wanting to give back to their community," explained Lakey. "I haven't been let down once. They always come out and work hard, then eventually, relax and eat, then usually end up coming out again on a later trip."

Lakey said that he thought military members who were looking for something fun to do and, at the same time, volunteer their time to community service, would jump at the opportunity to help out with the project.

He was right.

"We always have at least fifty volunteers," he said. "It is an

enjoyable experience that can also be a family event, which I believe is very appealing to the volunteers."

Boy Scouts from K-Bay have also been known to play a big role in volunteering on the island. Eagle Scout programs involving camping out and volunteering have brought the scouts to the island on more than a few occasions.

"We had a broken flagpole, and one of the scouts climbed all the way to the top and fixed the rope," explained Lakey. "To add to the helpful performance, they then ran an American flag up, and it's been waving there ever since."

According to Newcomb, he can see why people enjoy volunteering to clean up the island.

"I've never been to a small island like this before and it has been very neat to see everything and meet new people," he said. "I would definitely come back again to help out."

Groups aren't traveling to the island as much as they did a couple years ago, according to Lakey, but there will always be need for volunteers to clear brush and pick up trash. The next trip hasn't been scheduled yet, but is expected to have just as good a turnout and be yet another fun-filled day for all who embark.

For more information on volunteering and the next trip contact Jim Lakey at lakey@hawaii.edu.



Volunteers work to clear a hillside of vines and weeds, Saturday.



Marines, family members and other volunteers relax by the saltwater pools to await a lunch of hotdogs and hamburgers. Once the hard work was done, the Coconut Island cleanup volunteers were provided with a free lunch, and more than an hour of free time on the island to relax and explore, Saturday.

Mongolian barbecue sure to please senses

Yibeli Galindo-Baird

MCCS Marketing

By popular demand, the Staff NCO Club will kick off one of its most anticipated dining events of the season: the Mongolian Barbecue.

The Marine Corps and Navy are full of honorable traditions that instill a sense of pride in all military duties. Whether you are active duty, reserve, retired or a DoD employee, you understand or remember that, that pride does not end once the day’s work is done. Neither should the rewards of serving our nation here at Marine Corps Base Hawaii. Family members are also worthy of the deserved recognition that comes from living or having lived a lifestyle full of ongoing sacrifices. Simply put, as members of our K-Bay ohana, regardless of your military affiliation, you deserve an opportunity to be appreciated in a setting that puts your enjoyment above all else. That is why the Staff NCO Club takes great pleasure in announcing the institution of this new family dining alternative, sure to become another proud K-Bay tradition and a dinner favorite.

This meal offers a wide selection of meats, vegetables, sauces, oils, condiments and seafood among others. However, its most important element is a treat only available at the Staff NCO Club — the culinary artistry and flair of the club’s Chef Yoshi.

Imagine this: Every Thursday from 5:30 to 8:30 p.m., starting Thursday, you and your family are seated in our inviting dining room, ample enough for parties of any size. Upon making your selections from our food stations, your server takes your bowl to be cooked by the talented Chef Yoshi, former Executive Chef of the Sheraton Princess Kaiulani Hotel and an experienced Teppanyaki chef. Although few have actually seen him, his “secret” Mongolian culinary technique has been known to take an already appetizing dish to the next level.

“Not many people realize that we have a chef with a culinary skill level that is superior to that of many others at far more expensive restaurants in town,” said Staff NCO Club Manager Dickson Alvarado, who recognizes the value of being able to showcase the chef’s talent. “Although guests will not be able to see

the chef at work, his artistry will be easily appreciated in the method he will use to prepare each and every dish.”

Club members will save, by presenting their valid membership card, and pay only 65 cents per ounce. Nonmembers can also take part in this feast for the senses at 75 cents an ounce.

Club members also receive an added incentive for every visit they make to enjoy this weekly meal option. For every 12 ounces consumed per visit per person, guests will earn a stamp on a Frequent Mongolian Diner Card. Given the fresh, wide and flavorful selections at our stations, it will be easy to fill up the card quickly. Members who renew or patrons who join the club between April and June will also receive a Frequent Mongolian Diner Card.

In addition to the meal stamp, new members will be qualified to participate in various membership-drive contests. From Friday through June 20, a national membership drive will reward new members who sign up for the Chase membership card with the opportunity to win a grand prize of a \$500 credit applied to their membership card.

For those who think their chances of winning that drawing may be too slim, MCB Hawaii also offers an incentive that will make your ears perk and your toes tap — literally. New members from K-Bay or Camp Smith who sign up for the Chase membership card will also be entered to win an IPOD MINI, the latest in portable music. All members who join the club between April 1 and June 20 will automatically be entered for a chance at the IPOD. For more details or to sign up, call 254-5481.

“The SNCO Club has had successful family-focused events in the past, but none that promise as much quality food and family time as this one,” said Alvarado. “However, we need your support to make this the ongoing, family dining event we know it has the potential to be.”

This new dinner offering is the perfect excuse to visit to the club and, if you haven’t already, get to know what this recently renovated club is all about.

Reservations are highly recommended in order to avoid wait times which could be as long as 30 minutes for walk-ins. To reserve your table, call the Staff NCO Club at 254-5481.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna’s Bar & Grill
254-7660/7661

Live Entertainment — Fridays are hot at Kahuna’s. This week, count on Slug’s live performance to bring the house down. The music starts at 10 p.m.

Staff NCO Club
254-5481

Tax Day Lunch Buffet — Celebrate the refund you’ll be getting or stuff yourself with the money you have left after paying your taxes at the Staff NCO Club’s monthly lunch buffet.

This month, the theme is, aptly, Tax Day. And, if you haven’t done your taxes when you come by for lunch, from 11 a.m. to 1 p.m., we’ll be sure to remind you.

Officers’ Club
254-7650/7649

New Lunch Menu — Last Thursday featured the launch of the new dinner and bar pupu menu. Now, a new lunch menu is being unveiled. Drop by Monday to taste our new and improved selections, sure to appeal to all tastes.

Camp Smith Night — Those stationed at Camp H.M. Smith in Halawa Heights will appreciate an evening of camaraderie, membership information and Mongolian Barbecue in their honor at the club.

This special event, on Wednesday, starts at 4 p.m. Spouses are welcome.

Seafood Buffet — Enjoy this once-a-month treat for seafood lovers. Come to the club Thursday, from 6 to 8 p.m., for a buffet featuring tantalizing seafood selections that is sure to satisfy.

Members pay only \$23.50 and nonmembers pay \$26.95.

All Hands

Library Exhibit — Visit the Base Library for the latest Hawaii Committee for the Humanities interpretive exhibit. Through Friday, the exhibit titled “William Wordsworth and the Age of Romanticism” will present the historical and cultural context of Romanticism, including the role that ideas about revolution science, nature, imagination and the “commonplace” had on the major literary, artistic and philosophical works of the period.

For details, call 254-7624.

Prevention and Relationship Enhancement Program — PREP is a communication and problem-solving skills workshop for married

or engaged couples who are taught constructive arguing, problem-solving skills, positive steps for preventing divorce, and how to preserve a lasting love.

It will be held at the Base Chapel in Building 1090, Saturday, from 9 a.m. to 4 p.m. Materials and lunch are provided at no charge.

To sign up, call Chaplain Nazario at 257-3552, ext. 23.

Hawaii Food Bank Annual Drive — In support of 16th Annual Food Drive, Marine & Family Services, in conjunction with the Hawaii Food Bank, encourages you to bring canned and dry goods to the MCB Hawaii Commissary. The donations will be distributed on base and throughout the islands, thereby supporting the mission of this statewide agency to fight hunger.

Food items can be brought in between 12 and 5 p.m. either Saturday or April 16. Every little bit helps the hungry.

For more details, call 257-7774.

National Library Week — Celebrate one of the most valuable resources for personal and professional growth: the library. Take part in the celebration locally by participating in the Base Library’s “Top Ten in Libraries” poll.

Drop by the library, from Sunday, to submit suggestions for favorite best seller, classic, children’s book and magazine. Collective results will be posted in a few weeks.

There will also be a trivia contest

for children, teens and adults.

For more info, call 254-7654.

Résumé Workshop — Looking for a new job? Then be sure to attend this hands-on workshop intended to assist in the development or update of your résumé, Monday. Learn how to prepare a résumé that will make a positive impression on prospective employers.

Topics include how to put your education, experience and background together. For more information or to sign up, call 257-7786.

Parenting Workshop — Is parenting a little tougher than you thought it would be? This Tuesday’s Child Development Center workshop is designed to help new parents learn the skills necessary for the proper formation of their children.

This is the second in a series of three classes that runs on consecutive Tuesdays, from 4:15 to 5:45 p.m., and will be held at the CDC Training Room in Building 6111. While each class builds on the previous session, parents are encouraged, but not required, to attend all three classes.

To sign up, call 257-1388.

Federal Employment Workshop — Learn how the federal selection and hiring process works, Tuesday. Information will include veteran’s and military spouse preference, and the SF-171 will be provided.

If you are considering federal employment, this workshop is a must. For details, call 257-7790.

PCS Move Workshop — This workshop is designed to give out-bound Marines and Sailors, single or married, and their families the information, resources and tools needed to plan their PCS move.

This Wednesday workshop will be given by TMO, Housing, TLA, Finance Office, Personal Financial Counselor, EFMP Coordinator, Tricare, Relocation and Anti-Terrorism Level 1 facilitators.

Military members are not required to have their orders to attend, but registration is necessary due to limited seating. Attendance is mandatory for PCS-ing active duty Marine Corps personnel per MCO 1320.11E.

To sign up, call 257-7790.

Child Development Center Open House and Tour — If you have little ones and have ever wondered whether the CDC was right for your children, this is the perfect occasion for you to find out. Come to the CDC for their Open House and tour, Wednesday, from 5:15 to 6:15 p.m. Parents will get to tour several classrooms and take part in a question and answer period.

Parents should sign up by Monday, by calling 257-1388.

Sponsorship Training — This Thursday class is mandatory for all personnel assigned as sponsors for in-bound service members.

The class will provide a complete outline of the duties of a sponsor.

For more information, call 257-7790.

SM&SP



SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna’s Recreation Center. Get more details on activities at mccshawaii.com under the “Semper Fitness” icon, or call 254-7593.

Dodgeball Tournament: Teams of six are invited to the SM&SP Dodgeball Tournament, to be held Friday at Camp Smith and April 16 at Kaneohe Bay. Players will follow National Amateur Dodgeball Association Rules. These tournaments are absolutely free and open to all E-5 and below. For more information, call 254-7593.

Paintball Tournament: Pin them down with paintballs at the SM&SP Paintball Tournament, April 30 at MCB Hawaii’s Paintball Hawaii, located near the Lemon Lot. Fees are \$20 for those who have equipment, \$30 for those needing to rent equipment, a \$20 all-day-air fee and a \$55 fee per five-player team.

JOINT EDUCATION CENTER

FastTrac program arrives at MCB Hawaii

Loretta Cornett-Huff
MCB Hawaii Command Education Center

If you dream about owning your own business, here is an opportunity you may want to consider. There is a new class in town called FastTrac New Venture, offered by The Veterans Corporation, in which current and former members of the military can learn the ins and outs of starting a business venture.

FastTrac New Venture, part of the Veterans Entrepreneurial Training Program, will be offered this month at the Joint Education Center starting Tuesday. In this program, participants will gain the necessary tools and business development skills to evaluate their own business concept for feasibility and profitability.

The course was developed by the well-known Ewing Marion Kauffmann Foundation, which received the “Vision 2000 Models of Excellence” award for entrepreneurial education from the U.S. Small Business Administration. Students receive materials written by entrepreneurs as well as business planning and feasibility planning software.

This practical business training begins with exploring what it means to be an entrepreneur and progresses through the entire process in

which any prospective business owner should engage before starting a business. By the end of the program, participants will have completed a feasibility plan that will give them a “go” or “no-go” decision for their business concept.

For an aspiring entrepreneur, it is critical to go through this process to discover whether or not a concept is likely to succeed before investing large amounts of time and money.

Even if a business concept does not pass the feasibility test, the entrepreneur will have learned the process to test a new or modified concept. Topics that will be covered include: identifying venture opportunities, concept development, business entry strategies, market research and analysis, pricing and profitability, market penetration and budgeting.

“The VET Program expanded my mind on everything from marketing to financing and made me aware of areas I had neglected. I would strongly recommend this program to serious entrepreneurs that want to start a business,” said VET graduate, Tom Thompson, owner of Hurricane Medics.

During the course, participants will also have the opportunity to interact and share ideas with other aspiring entrepreneurs. Many participants find this aspect of the class to be very rewarding,

and continue these relationships long after the course has finished.

“In the VET Program’s interactive environment, I was able to learn and exchange ideas with other seasoned entrepreneurs. This experience stimulated new ideas for my formal business plan and resulted in great contacts for the future,” said graduate Russell Seeney, president of Pacific Business Services.

The Veterans Corporation is a not-for-profit organization dedicated to helping veterans succeed in business. They have subsidized the tuition cost so that all veterans, active and former members of the Reserve and National Guard and active duty military members preparing to transition to civilian life, can take the course for only \$250.

In addition, participants who successfully complete the course will have their tuition reimbursed in the form of gift certificates to an office supply store such as Office Depot or OfficeMax. Books and materials are included and spouses may attend the classes at no additional charge.

The next VET Program class begins Tuesday, at MCB Hawaii.

For those interested in registering for this course, log on to www.veteranscorp.org, or call the JEC at 257-2158 or 539-3702.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Hotel Rwanda (PG-13)	Today at 7:15 p.m.
Boogeyman (PG-13)	Today at 9:45 p.m.
Son of the Mask (PG)	Saturday at 7:15 p.m.
Hide and Seek (R)	Saturday at 9:45 p.m.
Son of the Mask (PG)	Sunday at 2 p.m.
Hotel Rwanda (PG-13)	Sunday at 6:30 p.m.
Constatine (R)	Wednesday at 6:30 p.m.
Because of Winn-Dixie (PG)	Friday at 7:15 p.m.
Constatine (R)	Friday at 9:45 p.m.



Pfc. Roger L. Nelson

Kathie Hightower, independent business speaker and family readiness group leader, explains the importance of making the life you were given work for you, at a Spouses’ Learning Series workshop on March 31. The series was created to help military spouses set goals and make a life for themselves.

Spouses taught to follow their dreams

Pfc. Roger L. Nelson

Combat Correspondent

A Spouses’ Learning Series workshop, “Follow Your Dreams While You Follow the Military,” took place March 31 at the MCB Hawaii, Kaneohe Bay Officers’ Club.

The SLS workshop was organized in 1994 to help military spouses focus on what brings joy and happiness into their lives. The workshop was originally named “Spouses’ Leadership Seminar,” but was changed this year by Headquarters Marine Corps. The SLS workshop is a three-part series, which is scheduled once a year at every Marine Corps base.

“The spouses felt like they had nothing for themselves,” said Capt. Claire M. Hamilton, Marine Corps Family Team Building director. “So the SLS was made just for them.”

The workshop was set up to help military spouses set goals and make a life for themselves.

“We just wanted the people here to be able to leave feeling refreshed and happy for having the life they have,” said Holly B. Scherer, an independent business speaker and internation-

al speaker. “We wanted the ladies to think of today as a day set aside for themselves.”

Aside from setting goals, the women who attended the workshop were also taught ways to make their spouse feel special while deployed and how to keep the excitement going in their relationship.

“In a relationship, it’s important to play games and try new things,” said Kathie Hightower, independent business speaker and family readiness group leader. “Don’t always do the same old dinner and a movie date. Go out and do something new.”

According to Hightower, the workshop was very successful, and the difference in the women’s attitudes was evident as they leave the seminar.

“I think this seminar is very effective,” admitted Lisa W. Jeffries, a seven-year military spouse. “This is actually my first seminar. I came because I wanted to clarify my goals and what I want in life.”

Hamilton said the seminars usually have a good turnout. This workshop was no different. “We had approximately 90 people show up for this workshop, which is a pretty large amount.”

Expect emotional cycles during deployment

Riding an emotional roller-coaster during deployments can be scary, yet liberating

Jennifer L. Hochlan

LIFELines.navy.mil/LIFELines.usmc.mil

Despite the many who claim otherwise, the military spouse leads a different life from most. This harsh truth becomes most evident when your family prepares for a deployment. A deployment is a scary, emotional, yet liberating journey for the spouse left behind to take care of a home, finances and a family.

There are seven identifiable stages that the majority of military spouses go through.

Pre-Deployment: Anticipation of Loss

Your spouse is working late to ready the unit, and you are left at home knowing he or she will be leaving. You are moody and depressed, and

this causes friction between you and your spouse. You are a tight little ball of stress and anxiety, and hate yourself for feeling this way. You and your spouse are at each other’s throats even when you know in your heart you should be cherishing each day left together.

Whether you’re a man or a woman, it is PMS multiplied by a factor of deployment.

Pre-Deployment: Detachment and Withdrawal

As the final week before deployment approaches, all those feelings you have had for weeks rise to a peak. You can think of a million and one final things to do before the deployment, but can find neither time nor energy to complete even the smallest tasks.

All the arguing has taken its toll on your level of intimacy. You appear to have lost all interest in physical contact with your spouse and have more interest in actually sleeping between the sheets than anything else. You distance yourself from your spouse without consciously knowing it.

These emotional times happen.

The important thing to remember is that you are human. We all want the final weeks before a deployment to be perfect, but life seems to throw us a different fate. But the closer you come to understanding each cycle and its inevitable side effects, the closer you come to changing certain aspects of your life. If there is time, take part in some of the services offered to you on base. There are always people on base who can assist you. Reach out to your unit chaplain for guidance and support.

During Deployment: Emotional Disorganization

After your spouse leaves and all the initial tears have been shed, you wake up. The house is all yours. Even if you have children, it is yours. You can stay up late, eat cookies in bed, and watch your favorite TV channels all day without a single complaint from anyone. It’s almost like a vacation.

This is a fun time, a chance to do all those things you didn’t have time to do before. There are no uniforms to wash, no entertaining, and no work-related phone calls in the middle of the night. Relief!

The first few weeks have flown by. All that time you thought you would be crying, you were enjoying yourself. Then you look at the unmown lawn, the pile of clothes in the hamper, the refrigerator with only ice cream and diet cola inside, the stack of bills on the desk, the car that needs an oil change, tune-up, and car wash, etc. Then guilt sets in. Here you are having a grand time while your spouse is possibly in harm’s way and you seem to have lost sight of your household responsibilities. You sit in a heap on the floor in the kitchen and sob. You suddenly feel alone.

During Deployment: Recovery and Stabilization

Your two favorite words. By this time, you have probably heard from your spouse via e-mail or telephone. The phone calls and e-mail inspire you to find strength you never knew you had. You take on all your newfound responsibilities with passion. You are now able to fix that broken dryer. You bake cookies and write letters. You make Martha Stewart look like she

See EMOTION, B-4

Reunion series to resume April 22

The third in a series of nine articles written about the emotional cycle of spouses during deployments will resume on April 22.

The print schedule for the series is as follows:

- | | | |
|----------------|----|---------------------------------|
| April | 22 | — |
| Homecoming day | | |
| May 6 | — | Ready for a second honeymoon |
| May 20 | — | Reunion’s shark infested waters |
| May 27 | — | Shark infested waters: Part 2 |
| June 3 | — | Shark infested waters: Part 3 |
| June 17 | — | Avoiding sharks |
| June 24 | — | How the Grinch stole reunion |

Word to Pass

USS Missouri Memorial Association Invites Public to View War Film

The USS Missouri Memorial Association, Inc., in partnership with the Hawaii International Film Festival, invites filmgoers to explore the cultural and societal effects of war through the “Lessons of War,” a special focus film series of the HIFF Spring Showcase, presented by Commercial Data Systems.

The showcase takes place at the Dole Cannery Stadium 18 now through Thursday.

For ticket or film information, call 528-FILM (3456), ext. 40, or log on to www.hiff.org. For information about the Battleship Missouri Memorial, call 423-2263, (877) MIGHTYMO or visit www.usssmissouri.org.

“Arabian Night” Premieres in Hawaii

Written by German playwright Roland Schimmelpfennig, “Arabian Night” is a haunting drama of heat-induced desire where fantasy and reality mingle. “Arabian Night” begins in an apartment building on a hot summer night, as the building’s tenants and landlord struggle with a leaky pipe, a non-functional elevator and other everyday occurrences. But as the summer heat grows more and more intense, the neighbors find the line between reality and delirium beginning to blur. Mundane events blossom into surreal and erotic adventures, characters’ lives collide, unleashing the imagination.

“Arabian Night,” presented by UHM Department of Theatre and Dance, will premiere at Earle Ernst Lab Theatre at Kennedy Theatre on April 23, 29, and 30 at 11 p.m., and at 8 p.m. on April 24. Ticket Prices: \$8 regular, \$7 non-UHM students, seniors, military, UH faculty/staff, \$3 UHM students with validated Spring 05 UHM student ID. For ticket information call 956-7655 (voice/text). Tickets on sale at the door one hour before performance.

13th Annual “I Love Kailua” Town Party Set

The 13th Annual “I Love Kailua” Town Party will be held April 17 on Kailua Road from 11 a.m. to 4 p.m. This year’s event will include “A Taste of Kailua,” featuring a wide selection of food from local Kailua restaurants, plus live



Photo Courtesy of Nicole Tessier
Frank Episale (left), Ryan Burbank in “Arabian Night” at Kennedy Theatre.

entertainment; handmade crafts; live plants, orchids and native Hawaiian plants sale; keiki activities by Kamaaina Kids; an art walk; community information booths and free health screenings from Castle Medical Center.

Puamana, Coconut Joe, JP Smoketrain and Friends, Pattye’s Hula Studio and Oomooemoo will provide entertainment.

The road closure for the event will take place on Kailua Road fronting Macy’s, Longs and Kailua Shopping Center. Traffic will be diverted from 9 a.m. to 5 p.m. The event will close Kailua Road, all traffic lanes and sidewalk areas, from Hahani Street to Kuulei Road. For information on the bus schedule, call 848-5555. Residents attending are strongly encouraged to walk or bicycle to the event.

The 2005 Kailua Town Party is a fund-raiser presented by the volunteers of the nonprofit

Lani-Kailua Outdoor Circle. It is priced at \$3 per person in advance and \$4 at the event; children 12 and under are free.

UHM Sets Audition for BFA Candidates

An audition for the Bachelor of Fine Arts degree program in Dance at the University of Hawaii at Manoa will be held April 19 at 5:30 p.m. at the Temporary Dance Building, located on lower UHM campus.

UHM Dance faculty will lead participants in a ballet barre, modern dance combinations, and a group improvisation as well as provide information about the undergraduate dance degree programs.

For more information, call 956-3264

Partners Encouraged to Share Yoga

Share simple yoga, breath and relaxation with your partner and breathe a breath of fresh air into your relationship. Come enjoy an afternoon together that supports your individual and mutual sense of well-being, April 30, from 2 to 4 p.m. Dress comfortably; bring a mat or beach towel.

The class is \$15 per person. Pre-register by calling 232-8327.

PMI Offers Project Management Workshops

Project Management Institute Honolulu Chapter’s Professional Development Day will be held on May 3 at the Ala Moana Hotel.

The program will feature practical workshops including: Manage People Individually and as a Project Team, How to Increase Effectiveness Utilizing a Practical Approach, The Journey from Idea to Project, Understanding and Defining Cultural Differences, and Continuous Improvement Concepts and Tools to Improve Projects.

To register or for more information, send an

e-mail to pddhi@pmi-honoluluchapter.org or log on to www.pmi-honoluluchapter.org/.

Marines Recommended to Take Promotion Photos Early

Marines who need to have Combat Camera (formerly CVIC) take their promotion photograph are encouraged to go to the Combat Camera studio on Mondays, Wednesdays or Fridays between 7:30 and 11 a.m.

Photographs will be taken on a walk-in basis, only. Changing rooms are available.

Marines who are eligible for Gunnery Sergeant are encouraged to have their photographs taken as soon as possible to ensure that their photographs are submitted to Personal Management Support Branch and are placed into their official military personnel file in a timely manner.

Prior to having their photographs taken, it is recommended that Marines be screened by their commands to ensure that he or she meets the Marine Corps height and weight standards. Marines not meeting standards must present a letter from their commanding officer, executive officer or sgt. maj. before Combat Camera will take their photograph.

In accordance with MARADMIN 463/01, photos will not be printed or e-mailed in order to avoid duplicate copies sent to MMSB.

Photographs will be uploaded to the MMSB Web site in the presence of each Marine photographed. Marines can verify receipt of their photograph at MMSB by logging on to www.mmsb.usmc.mil or contacting MMSB-20 at DSN: 278-4607/3974/5671 or commercial: (703) 784-4607/3974/5671.

MMSB is responsible for placing photographs into official military personnel files, not Combat Camera. Therefore, Marines are encouraged to check his or her file before the Gunnery Sergeant Selection Board convenes.

Writing workshops offered to military

Well-known author/veteran, actor/playwright to lead free workshops for service members and their families

Press Release
National Endowment for the Arts

Washington — The National Endowment for the Arts, in partnership with the United States Navy and United States Marine Corps, will host writing workshops and discussions for military personnel and their families at Naval Station Pearl Harbor and Marine Corps Base Hawaii Kaneohe Bay on Oahu, on April 21 and 22.

The workshops are part of the NEA’s Operation Homecoming: Writing the Wartime Experience, a unique program that documents and preserves the wartime experiences of men and women in uniform and their families. Since April 2004, Operation Homecoming has brought writing workshops with distinguished authors to military bases nationwide and abroad.

The writing workshops will be conducted by nationally acclaimed writer Richard Currey and award-winning actor and playwright Stephen Lang. Drafted in 1968, Richard Currey enlisted in the U.S. Navy and was detached to the Marine Corps, trained as a combat medic, and assigned to various infantry and reconnaissance units. His first novel, Fatal Light, portrayed a West Virginia man’s experience in the “soul-searing terrain of the Vietnam War.” Fatal Light was an international bestseller and received the Special

Citation of the Hemingway Foundation as well as the Vietnam Veterans of America’s Excellence in the Arts Award. Currey’s second novel, Lost Highway, looks at the impact of the Vietnam War on an American family and was called “a rich, incisive American fable” by the *Boston Globe*. A former military book reviewer for Newsday, he is contributing editor for The Veteran. Currey has received NEA Fellowships in poetry and fiction.

Actor and playwright Stephen Lang has earned critical and popular acclaim for his work in film, TV and on the stage for more than 30 years. Lang played Gen. George Pickett in the feature film “Gettysburg” and Stonewall Jackson in “Gods and Generals.” His television credits include the classic “Crime Story” and the NBC teleplay “Babe Ruth.” An award-winning stage actor, Lang’s Broadway credits include Colonel Jessep in “A Few Good Men” and Happy in “Death of a Salesman”. In February 2004, Lang starred in the world premiere of a one-man show titled “Beyond Glory.” Lang adapted the work from Larry Smith’s book, Beyond Glory: Medal of Honor Heroes in Their Own Words, a first-person oral history of 24 enlisted men and officers who faced intense combat from World War II through the Vietnam War.

“For the men and women returning from Iraq and Afghanistan, these workshops will be an invaluable opportunity,” said NEA Chairman Dana Gioia. “Guided by talented writers, they will have the opportunity to reflect, learn, and write about their experiences.”

Operation Homecoming is presented in coordination with the Department of Defense and the Southern Arts Federation and is made possible by The Boeing Company.

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EMOTION, From B-3

hasn’t a clue. This time is an opportunity that is truly a gift of the military lifestyle. During this time, you will discover your independence, your abilities and your enduring strength.

During Deployment: Anticipation of Homecoming

The few weeks before the deployment comes to an end, there is excitement, along with questions. You fear your newfound independence will vanish once your spouse steps through the front door. You wonder what changes will happen and where your marriage will fit into the equation.

You are happy your spouse will be home soon, but there is much concern about the homecoming. There may be only sporadic phone calls or e-mail, leaving you too much time to worry about the future. You begin to do things just to keep your mind occupied. You clean like mad. You organize financial papers, get the budget back into shape, get the kids ready for school, juggle doctor appointments and soccer practice.

The final days before homecoming are full of phone calls to other spouses, to the Key Volunteer and to the party stores. Decorations and signs are made and you are giddy with excitement and anticipation.

After Deployment: Re-negotiation of the Marriage Contract

After the initial joy of having your spouse home, reality sets in. The lifestyle you had just become used to will require adjustments, and they are not easy. Communicate openly with your spouse about your needs and wants, and use any marital services available on base that can help you both reconnect after your time apart. In time, loving intimacy returns and you’re working together again as a team.

After Deployment: Reintegration and Stabilization

Breathe a sigh of relief — stability has returned. By the time the first couple of months of post-deployment have passed, you and your spouse have hammered out the details of your marriage. You are used to having him or her home and actually enjoy the fact that they still hog all the blankets in bed.

You feel relief knowing you are not solely responsible for the household chores anymore. Knowing you can fix the dryer by yourself is liberating, but not having to fix it is another story. It is on one of those days that you glance at your spouse, sitting beside you on the sofa reading the paper, and suddenly all you can remember about the deployment was being in his or her arms the day they left. It feels like it was yesterday.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Automobiles

’85 Porsche 944, new tires, clutch, transmission, power-steering pump, front shocks, very fast and loud, headers, exhaust, throttle cam, chip. Asking \$4,500 OBO. Call P.J. at 230-4162.

’98 Pontiac Grand Am SE, must sell. Asking \$4,000 OBO. Call 620-0456.

’99 Ford Lightening, 43k miles, 20” rims, hard cover, rugged bed, traction bars, four different chips, s/c pulley, Accufab T.B., filter, MAF, ported plenum, gauges, DVD player, two 12” subs, 500-watt amp, and much more. Asking \$22,000, firm. Call Sean at 295-6828.

’01 Dodge 1500 pickup, Laramie package, 15k miles, power windows, CD, bed liner, fiberglass Tonneau cover, maintenance records. Vehicle has only had one owner, was hardly driven, is maxed out and in excellent condition. Asking \$20,000. Call 216-4997 before 8 p.m.

Motorcycles

’01 Honda Shadow ACE, two-tone blue and gray, 8,900 miles, with saddlebags and cover, in good condition. Asking \$4,500. Call Matt at 254-5053.

’02 Harley Davidson Sportster 882, new bike with less than 75 miles, always garaged and ready to ride. Asking \$7,000, firm. Call 384-3643 or 486-0130.

’02 Suzuki RM250, new top end, Renthal bars and sprockets; Pro Circuit exhaust. Asking \$4,400 OBO. Call Don Black at (928) 580-9677.

’03 Kawasaki KX250, new top end, tires, plastic; FMF exhaust, suspension. Asking \$4,600 OBO. Call Don Black at (928) 580-9677.

Miscellaneous

KNEX building set, helps develop hand-eye coordination and imagination, includes wheels and other attachments and instruction book. One large container, \$16; one medium container, \$10; worth more than \$70 together. Call Christine at 292-9307 or 433-2924.

Meisel Violin and case 4/4, paid more than \$450 but will sacrifice for \$375 OBO. Call Christine at 292-9307 or 433-2924.

Pioneer Multiplay CD Player, model #PD-M50. Asking \$60. Call David at 386-0609.

Whirlpool refrigerator automatic ice maker, modular ice maker kit part #2181913 rev. A, used only one month. Cost \$75 but asking \$40. Call Ginger at 671-9264 or 472-8072.

10’ Livingston Boat, with 9.9 hp Yamaha engine, trailer, boat cover. Asking \$1,800 OBO. Call 216-6213.

*Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office. The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay. To renew an ad or for more information, call 257-8837.*

WORKSHOP, From B-4

Naval Station Pearl Harbor and MCB Hawaii, Kaneohe Bay, host workshops

April 21, from 9 to 11 a.m., Stephen Lang and Richard Currey will lead a workshop at The Banyans, Naval Station Pearl Harbor. The second workshop features Richard Currey and will take place April 22, from 9 to 11 a.m. at MCB Hawaii, Kaneohe Bay, at the Staff NCO Club Fairways Ballroom. To culminate the program, Lang will perform “Beyond Glory” on April 22 at 7 p.m. at the Hawaii Theatre located at 1130 Bethel Street. This performance is not recommended for children under 13. Out of consideration for the general audience, the Hawaii Theatre discourages bringing children under 3 years of age.

The writing workshops are free and open to active duty and retired military personnel, reservists, members of the National

Guard, as well as their immediate adult family. To register for the Pearl Harbor workshop, call 473-2924 by April 18. To register for the Kaneohe Bay workshop, call 254-7641 by April 18.

The “Beyond Glory” performance at the Hawaii Theatre is free; however, tickets must be reserved at local military ticket outlets or by calling 473-1190. Media that wish to attend the workshops or “Beyond Glory” performance must RSVP by April 20 to Sally Gifford at (202) 682-5606.

Educational resources

Military personnel who want to learn more about wartime literature can obtain the “Operation Homecoming” audio CD. The CD features recordings of war letters, poems, fiction and memoirs from the Civil War to the Vietnam War. Copies of the Operation Homecoming CD can be ordered free of charge through the NEA Publications section at www.arts.gov.

Audio clips are also available at www.operationhomecoming.org.

Call for submissions

In addition to workshops and educational resources, the NEA has issued an open call for submissions from military personnel, reservists, National Guard members, and Coalition Authority members who served after Sept. 11, 2001, as well as their immediate families. Items may include essays, letters, and other writings related to recent military service. All submissions will be preserved in an appropriate federal archive, and an “Operation Homecoming” anthology will feature the best writings submitted to the program. The anthology will be distributed free of charge to military installations, schools, and libraries. Submissions will be accepted through May 31. To learn more about “Operation Homecoming,” visit www.operationhomecoming.org or www.arts.gov.

ON THE MENU

AT ANDERSON HALL

Today
Lunch
Oven Roast Beef
Baked Tuna and Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Fruit Pies

Dinner
Sauerbraten
Knockwurst w/Sauerkraut
Cottage Fried Potatoes
Boiled Egg Noodles
Green Beans w/Mushrooms
Chocolate Chip Cookies
Fruit Pies

*Specialty Bar
(Lunch and Dinner)*
Pasta Bar

Saturday
Dinner/Brunch
Grilled Steak
Pork Chop Mexicana
Mashed Potatoes
Spanish Rice
Mexican Corn
Fruit Nut Bars
Fruit Pies

Sunday
Dinner/Brunch
Beef Pot Pie
Baked Ham
Baked Macaroni and Cheese
Cauliflower Au Gratin
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies

Monday
Lunch
Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Simmered Lima Beans
Apple Crisp
Fruit Pies

Dinner
Baked Meat Loaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Green Beans w/Mushrooms
Apple Crisp
Fruit Pies

*Specialty Bar
(Lunch and Dinner)*
Pasta Bar

Tuesday
Lunch
Barbecue Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Simmered Asparagus
Devil's Food Cake w/Mocha
Butter Cream Frosting
Fruit Pies

Dinner
Swiss Steak w/Brown Gravy
Baked Fish Fillets
Lyonnaise Potatoes
Steamed Rice
Southern Style Green Beans
Devil's Food Cake w/Mocha
Butter Cream Frosting
Fruit Pies

*Specialty Bar
(Lunch and Dinner)*
Taco Bar

Wednesday
Lunch
Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
French Fried Okra
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Fruit Pies

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Calico Corn
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Fruit Pies

*Specialty Bar
(Lunch and Dinner)*
Hot Dog Bar

Thursday
Lunch
Cantonese Spareribs
Baked Tuna and Noodles
Shrimp Fried Rice
Corn on the Cob
Pineapple Upside-Down Cake
Fruit Pies

Dinner
Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Simmered Brussels Sprouts
Pineapple Upside-Down Cake
Fruit Pies

*Specialty Bar
(Lunch and Dinner)*
Taco Bar

